



MapRun Gloucestershire 2021


Painswick

Thursday 13 May 2021



This event features the picturesque Cotswold town of Painswick, and the countryside to the West around the valley of Wash Brook. There's a mixture of narrow streets and rural footpaths, including the Cotswold Way. It's hilly throughout: picking a route to minimise elevation changes will be a key factor!

New version of MapRun available: We strongly recommend that you uninstall *MapRunF* and all previous versions of the app, and download and install **MapRun6** from your app store. Generally earlier versions will work; they just won't be able to take advantage of some of the new features which we may use.

Queries?	Get in touch with us at maprun@ngoc.org.uk
Directions and Parking	<p>Parking and assembly are at Stamages Lane Car Park, GL6 6UZ What 3 words: https://w3w.co/pausing.occupiers.rural Map: https://goo.gl/maps/XKcs25ns9t3uLXh76</p> <p>The car park is free.</p> <p>The Start/Finish location will be at the NE end of the car park.</p>
The Area	Hilly mixture of some paved surfaces, unpaved tracks and fields. Shoes with grip will be useful if it's been wet. Shorts should generally be OK – there are a few sections that might have encroaching undergrowth, but nothing too extreme.
Event details	<p>To spread people out, runners will start at one-minute intervals from 1800 to 1900. In line with current British Orienteering requirements, pre-entry is required. This is available on Fabian4.co.uk until midnight on Wed 5 May.</p>  <p>Entry fees: £5 seniors, £2 juniors. Juniors must be accompanied.</p> <p>It's a one hour score event using the MapRun app:</p> <ul style="list-style-type: none">• Checkpoints 1-10 are worth 10 points.• Checkpoints 11-20 are worth 20 points.• Checkpoints 21-30 are worth 30 points. <p>Score as many points as you can within an hour. If you're late getting back, there's a 10 point penalty per minute over.</p> <p>Please make sure you've installed MapRun6 before the event. If you haven't used MapRun before, don't worry – it's easy to use, and we have full details on getting started.</p> <p>MapRunG (Garmin watch) users: if you have MapRun6, you do not need the event PIN number to download the course to your watch. This meant you can download the course before your arrive at the event, in case there is no phone signal there.</p>
Event procedure	<p>When you register on Fabian4 you can select a start time. To avoid congregation at the start we'd ask you to follow the following start procedure:</p> <ul style="list-style-type: none">• Before heading to the start, make sure you've downloaded the MapRun event onto your phone. It can be found in the UK/Gloucestershire/Current Series folder.• Wait in your car (or warm up away from the start) until your designated start time.• Just before your start time, press 'Go To Start' on the MapRun6 app. The phone will ask for the PIN number. The PIN is written on the map, so....• When your start time arrives: sanitise your hands, pick up a map from the table near the organiser's car, enter the PIN and run to the start.

	<p>When you run through the start: MapRun6 will bleep, and start the clock,. When you run through a checkpoint: it will bleep, and record your visit. When you run through the finish: it will bleep, and stop the clock. Be careful not to run through the finish before you intend to finish!</p>
Safety	<p>The course is partly located in an urban environment necessitating many road crossings, so under 16s must be accompanied.</p> <p>Most of the lanes are quiet, but a couple of the more major roads can be busy with fast-moving traffic – take care if running along or crossing these.</p> <p>COVID code of conduct. It is vital that all attendees at the event:</p> <ul style="list-style-type: none">• Act as ambassadors for the sport of orienteering at all times and consider how their actions may appear in the eyes of landowners or members of the public.• Observe social distancing at all times, including keeping their distance from other participants, volunteers and members of the public.• Use hand sanitiser on arrival and departure. <p><i>Anyone who has symptoms of COVID-19, who is living in a household with someone who has a possible or confirmed COVID-19 infection, or who has been asked to isolate by NHS Test and Trace should remain at home.</i></p>